



2pm Open Studio Training
3,4 & 5pm 1-2-1 Client
6pm Open Studio Training

7pm 1-2-1 Client
8.15pm Insomnia Help



9.30am Core, Floor & More
2.30pm 1-2-1 Client
3.30pm Open Studio Training

6.30 & 7.35pm Small Group
Mat Pilates, Gt Ecclestone
(6-week course)



3.30 & 4.30pm 1-2-1 Clients
6.30 & 7.35pm Small Group
Mat Pilates (6-week course)



10.30pm SafeSpine Pilates
2.30pm Open Studio Training
3.30 & 4.30pm 1-2-1 Clients

5.25, 6.30 & 7.35pm Small
Group Mat Pilates (6-week
course)



3,4 & 5pm 1-2-1 Clients
6pm Open Studio Training



Weekends are reserved for:
• Pilates Teacher Training / Mentoring
• Wellness Workshops & Guest Teachers
February



11th Helen Cox, Natural Movement Matters
TBC Fundraiser for Barbara Seed and Theresa Simpson's
Cambodian Adventure with House of Colour

Your Pilates Space

Infinity Fitness Unit 6 90 Berry Lane Longridge PR3 2WH

Cath has been teaching Pilates for nearly 20 years making her one of the first in Lancashire. **Cath Hopkinson 0794 1012305**